**BASKETBALL**

**BASKETBALL INHERENT RISK**

This school strives to protect each student from possible injury while engaging in school activities.

The guidelines and information identified below have been established for this activity in order to protect

the student and others from injury and/or illness. Participants and their parents should recognize that

conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important

aspects of this training program. Each participant is expected to follow the directions/standards of the

coach and must understand that failure to follow such directions or adhere to standards may place the

participant at risk.

Travel to and from off-campus facilities shall be in accordance with the directions of the activity

coach.

Guidelines are as follows:

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any

poorly-fitted or defective equipment.

2. Advise the coach if you are ill, or have any prolonged symptoms of illness.

3. Advise the coach if you have been injured.

4. Engage in warm-up activities prior to strenuous participation.

5. Be alert for any physical hazards in the locker room or in or around the participation area.

Advise coach of any hazard.

6. Recognize the possible danger from such actions as “undercutting” a player, hanging on the

basket, throwing a "wild" pass.

The above information has been explained to me and I understand the list of rules and

procedures. I also understand the necessity of using the proper techniques while participating in the

basketball program.

I am aware that basketball is a ***HIGH-RISK SPORT*** and that practicing or competing in basketball

will be a dangerous and unpredictable activity involving ***MANY RISKS OF INJURY***. I understand that the

dangers and risks of practicing and competing in basketball include, but are not limited to, death, serious

neck and spinal injuries which may result in complete or partial paralysis, brain damage, blindness,

serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles,

tendons and other aspects of my body, general health and well-being. I understand that the dangers and

risks of practicing or competing in basketball may result not only in serious injury, but in a serious

impairment of my future abilities to earn a living, to engage in other business, social and recreational

activities and generally to enjoy life.

We agree that neither the school district, nor the staff of the school district, nor the student

organization of the school district shall in any way be held liable for any accident or injury in any way

received on account of or while engaged in any athletic activity sponsored by the district. We further

agree that neither the district nor any of their staff or student organizations shall be responsible for the

payment of any bills rendered for medical services as a result of such accidents or injuries. We also

acknowledge that it is our responsibility to provide for any medical, disability or other insurance to mitigate

any costs that may be unfortunately incurred as a result of participation in this activity.

By signing below, I certify that I have read the above, understand its content, and agree to its terms.

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Athlete's Signature Date

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Parent's/Guardian's Signature Date

**Basketball Safety Guidelines**

Basketball programs have risks that place participants in physical harm. The ankle and

knee are the most common sites of injury to basketball players, followed by the lower

back, hand, and wrist. Eye injuries also occur frequently, as a result of being hit with

fingers or elbows.1 The following guidelines should be followed when participating in the

sport of basketball.

**Facility & Equipment**

􀂅 Court dimensions need to meet WIAA regulations for play/safety. Create a buffer

zone around the court.

􀂅 Check padding on walls behind backboards.

􀂅 Pad scoring tables and edges of water fountains near field of play. Have extra

padding available to pad potential hazards.

􀂅 During non-league games use the "no-dunk" rule. Glass backboards and rims

can be broken if too much stress is placed on them and the change in

momentum can cause players to lose balance and fall.

􀂅 Provide necessary courtside equipment: mat for cleaning footwear, extra towels,

ball racks, mops, first aid kit.

􀂅 Dry body sweat on floor immediately. Check the floor for slip hazards and wipeup

as needed.

􀂅 Place team bench as far back as possible from sidelines.

􀂅 Check bleachers, including locking system.

**Supervision & Instruction**

􀂅 Make sure athletes wear all the required safety gear every time he or she plays

and practices.

􀂅 Don't tolerate horseplay or unsportsman like conduct. Avoid purposeful pushing

and tripping.

􀂅 Teach players to pay attention to the game at all times.

􀂅 Insure students wear shoes appropriate for the playing surface. Running shoes

should not be worn as the soles are not designed for quick turning, stopping and

jumping.

􀂅 Taped ankles or ankle supports with high-top tennis shoes will reduce the

severity of ankle injuries.

􀂅 Instruct athletes to use their legs like springs when rebounding to absorb shock

and be alert to other players' positions so you can land safely.

􀂅 Players should wear pads to protect the knees and elbows from bruises and floor

burns. Additionally, a knee brace can be useful, if there is a history of knee

injuries.

􀂅 Promote the use of mouth guards. This device will not only protect teeth from

being chipped or knocked out but will protect their tongue as well.

􀂅 Insure athletes do not wear chains, rings, and metal wristbands. If they wear

glasses, they should be secured and have shatterproof lenses.

􀂅 Use a whistle.

􀂅 Make sure all players warm up and cool down.